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The harvest begins. We planted early but it was so dry that growth was slow. Although torrential rains have devastated some farms all around us, we have been blessed. So far we've had just enough rain to get seeds started and to feed the thirsty transplants. It is hard to get early crops since the flea beetles bred in the canola fields hatched and had nothing to eat so they destroyed our arugula.

The potatoes were planted in April but since it was such a dry spring they didn't show up until June. Now we are spending entire days squishing potato bugs. In the beginning your tubs will be light as we wait for things to mature but as the season progresses they will become more and more full.

The greenhouse is a controlled environment and we have been very lucky with



**cucumbers.** We are able to put slicers in your tubs this week.

The **red romaine** is doing well outside so you are getting 3 loose heads of tender lettuce.

**Bunching onions** are a great addition to any salad and there are some in your tub.

The **parsley** is ready to harvest and you will probably get some every week. Parsley is really high in nutrients, notably Vitamin C and Vitamin A. It is especially high in Vitamin K.



This vitamin is strongly tied to heart health and healthy bones. To get the benefits you need to eat more than a sprig on your plate. Half your salad could be parsley.

Another herb this week is **thyme**. I love to use it to season fish or vegetable side dishes.

The garlic is amazing. Although garlic plants do not flower, they do produce flower stalks. On hardneck garlic, the stalks are known as **garlic scapes** and they are surprisingly tasty.

#### **Garlic Scape Pesto**

1 cup garlic scapes, sliced crosswise  
 ¼ cup raw sunflower seeds  
 ½ cup extra virgin olive oil  
 ¼ cup Parmesan cheese  
 ½ cup basil leaves  
 Juice of one lemon

Place the garlic scapes in a food processor and pulse for 30 seconds.

Add the sunflower seeds and pulse for 30 seconds. Scrape down the sides of the bowl.

Add the olive oil and process on high for 15 seconds.

Add the Parmesan cheese and pulse until the ingredients are combined.

Add the basil and lemon juice, and process until

reaching the desired consistency. Add salt to taste and serve immediately

Last but not least is **rhubarb**. Celebrate the long weekend with a rhubarb cocktail.

#### **Rhubarb Syrup**

8 oz chopped rhubarb (2-3 small stalks)

1 cup sugar                      2 cups water

¼ tsp cinnamon              ¼ tsp nutmeg

½ vanilla bean (optional)    Combine all the

ingredients in a small pot. Bring to boil, then

reduce to a simmer. Simmer for 5-7 minutes.

Let it cool completely. Strain the ingredients.

Reserve the rhubarb to top yoghurt, ice cream or oatmeal.

*This is enough syrup to make plenty of cocktails. If alcohol isn't for you a couple ounces of this syrup added to sparkling water and a squeeze of lime makes a delightful non-alcoholic version of this drink.*

Satomi is here from Japan to celebrate this weekend with us

**Happy Canada Day**



